



# Health and Wellness

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*SSC offers a variety of regularly scheduled wellness activities & services available to those 50 and better.*

### Join us for Wellness Mondays at the Center

\*Our walk-in **NURSE'S CLINIC** is available on **Monday mornings, from 9:00 AM to 1:00 PM**. This service by our **Registered Nurse** is free and open to community seniors. Track your glucose, blood pressure and weight.

Personal care products are available through the Clinic.

\*In addition, we offer a **Chair/Abdominal Exercise Program** at **10:15 AM** on Mondays, where seniors remain seated while strengthening their core muscles. This exercise is designed to help prevent falls.

\***CLUB SUGAR**, our Diabetes Support Group, meets at **10:45 AM on the 3rd Monday each month** to learn how to live a healthy, active life with diabetes in our families. The program is presented by U of M students in health related studies. We have fun and enjoy a healthy lunch.

### Come Dance with Us on Tuesdays

\***DANCE** your cares away at 1:30 PM, Tuesdays (*except the 2nd Tues. of the month*). We do the latest, greatest line dances. Come join the **Still Kickin' Dancers**.

\*On the 2nd Tuesday of the month plan to attend our **TUESDAY LUNCH**, 12 Noon, in Room 106, including lunch, some entertainment, & visit neighbors and old friends.

### Fridays: Love Your Feet! Bring Them to Our Clinics

\*Visit our **Podiatrist** at clinics scheduled on a Friday morning about once every six weeks. The fee is \$20 per person for foot care. **Appointments are necessary**. Call 612/821-2306. Book now and get a standing appointment.

\*Visit our **Feet Forever Clinic** Where a registered nurse will tidy your feet, with a foot massage included. \$20 per person. Appointments are necessary, call 821-2306.

### Fitness Wednesdays

#### with Georgia in the Gym

\* Enjoy an exercise workout session specially designed for those aged 50 and better! It includes **strength training, balance and joint work** mixed with low cardio from **1 to 2 PM**.

### On Thursdays, Learn What's New for You!

\*Attend our monthly **COFFEETALKS** to learn the latest information on wellness, health care and lifestyle issues that concern those aged 50 & better. Call 821-2306.

### ANNUAL SCREENINGS & INNOCULATION CLINICS

\*We offer annual screenings, & seasonal Pneumonia & Flu Shot Clinic.

Call Today for More Information



**SABATHANI SENIOR CENTER, 310 E. 38th Street, #106,  
Mpls., MN \* 612/821-2306**



## Organization

### Business Name

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com

Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.



## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

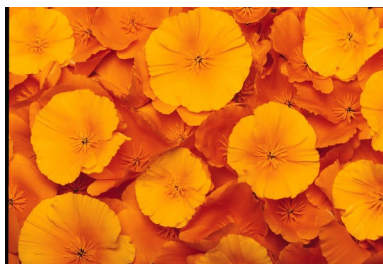
If you have any prices of standard products or services, you can include

a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual

charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



**Caption describing picture or graphic.**